

◀ The Senior Chatter ▶

Volume 14, No. 6

Menasha Senior Center, Menasha, WI

June 2010

Dates to remember this month:

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June 8 - Normal Aging #2	7
June 10 - Mary T. Lincoln's Story	11
June 18 - Anemia Screening	9
June 29 - Stars & Stripes Bingo	7

New Healthcare Reform bill

You can find a good summary of the major provisions of the new healthcare reform bill by visiting the nonpartisan Kaiser Family Foundation Web site at <http://www.kff.org/>.

Normal Aging part 2

**Tuesday, June 8
10:00-11:00am**

Normal aging? What's that?

Learn more about the how, when, where and what you can do about it. Presented by Delores Moyer, Geriatric NP, MSN, FAAN Harbor House Assisted Living Owner & Founder.

Free and open to the public.

Call MSC at 967-3530 if you have questions.

Foot care service offered

Reminder: The Valley VNA offers two foot care clinics at the Menasha Senior Center - the 1st Wednesday of each month and usually the 4th Thursday - starting at 1:00pm.

Cost: \$20.00 (bring your own towel with you).

You MUST call the VNA to make an appointment. Call 727-5555. Call them if you have questions, too.

Ways to boost your noodle

(aka brain maintenance)

Want to keep your brain in shape? Work it. Top scientists studying the brain reveal that you can work (exercise) your noggin (that muscle between your ears) in many different ways, everyday. Try:

✓ **Snack on almonds and blueberries** instead of a candy bar. As they lower blood sugar, healthy snacks can improve cognition.

✓ **Dance like the stars.** Dancing is a brain-power activity. Learning new moves activates brain motor centers that form new neural connections. Dancing also calms the brains stress response.

✓ **Love the crunch of croutons on your salad?** Try walnuts instead. They replace lost melatonin and calm inflammation which may lead to brain-cell death.

✓ **Take your dog for a walk.** Walking for just 20 minutes a day can lower blood sugar and helps blood flow to the brain. (Editor's note: saw a quote that said, "If your dog is overweight, you need to get out and walk more." No excuse if you don't have a dog - take yourself for a walk!!)

✓ **Get support for stressors.** Interacting with others activates many parts of the brain - and learning new ways of coping forms new neural connections.

✓ **Look around.** When walking down the street, don't just keep your eyes forward. Scan to the left and to the right. These actions can activate rarely used parts of the brain. That in turn can spur brain cell growth.

✓ **Share details.** When you woke up this morning, how bright was the light in your room? What did the air smell like when you opened the window? How many colors could you discern in your garden or the tree out front? Notice and report these details to others to prompt cell growth in the visual, verbal, and memory parts of the brain.

Continued on page 5

Welcome to the *Senior Chatter*



Menasha Senior Center
116 Main Street Menasha, WI 54952
920-967-3530

Hours: 8:00am-4:00pm Monday-Friday
 sbull@ci.menasha.wi.us

Web site:
www.menashaseniorcenter.org

Senior Center Supervisor Sylvia Bull
 Activity Coordinator Barb Taylor

MSC welcomes all adults 55 and over to participate in our many activities and utilize our services. There are no membership or residency requirements.

Our mission is to enhance the quality of life of older adults by providing educational, recreational, social and wellness programs and to meet these needs as requested by the community.

MSC Planning Committee:

Meets second Thursday of each month at Menasha Senior Center at 9:30 am.

Members:

Susan Locke Barbro Whiting
 Ruth Jerome Terry Czerwinski

City of Menasha Committee on Aging:

Meets second Thursday of each month at the Menasha Senior Center at 7:45 am.

Members:

Bob Jankowski Roy Rogers
 Joyce Klundt Sue Steffen
 Lee Murphy Mary Lueke
 Sue Nett, Director Menasha Health Dept.
 Jean Wollerman, N-M YMCA Older Adult Dept.

(Services are provided without mandatory dues, Senior Center Regulation, Title III Older American Act, Chapter VII, Section 5.45).

Services at MSC

Menasha Meal Site: Meals through Winnebago Co. Nutrition Program are served Monday through Friday at 11:20am at the Menasha Senior Center. Must call 725-6323 by 12:00pm the day before for meal reservations. Must be 60 years or older to participate. Suggested donation of **\$3.00**.

Meal Site Manager: Ardeana "Dee" Osinski

Winnebago Co. Benefit Specialist, Candace Corbett: Candace visits MSC the first Thursdays each month from 10:00 -11:30am. Call the MSC office at 967-3530 for more information.

60 Plus Health Program: (City of Menasha Health Dept.) Call 967-3520 for personal counseling and screening tests.

- Health screenings offered monthly at MSC
- Blood Pressure checks every Tuesday at MSC

Valley VNA Senior Services Footcare: Clinics are held twice a month from 1-4pm. Must call the VNA at 727-5555 to make your appointment.

Dial-a-Ride: Discount taxi service for Neenah & Menasha residents 60 yrs. and older. Tickets available at MSC.

Menasha School District Lifetime Passes: For residents 60 yrs. and older who live in the Menasha school district - admission to many school sponsored events.

Information and Referral: MSC will assist in identifying a local agency or organization that may help you. Also available at the office:

- County Resource Directories
- SeniorCareRx Applications
- File of Life
- Community Resource brochures, info.

Mini-Library: Resources, books, videos

Computers: Internet access; available 8a-4p (except Weds 12-4:00pm); One-on-one instructions available Monday mornings by appt.


Senior Chatter is a monthly publication of the Menasha Senior Center providing a variety of information on senior issues, events in the community and at MSC - all for **\$5.00** a year!


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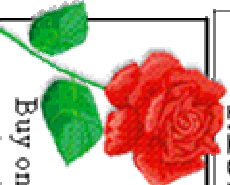
Email: Altenhaus@new.rr.com
Web Site: altenhaus.com

Contact Anne Altenhofen-Krause for a tour



920-967-3530

Menasha Senior Center JUNE 2010

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>June is National Rose Month Buy one for yourself and enjoy its beauty.</p>				
9:00 Computer 7 9:30 Line Dancing 11:20 Meals 12:30 Scrabble 1:00 Men's cards 1:00 Bridge	10:00 Wii Bowling 1 11:20 Meals 12:00 Yopilet exercise 12:30 Penny Ante poker 1:30-3:00 Blood Pressure ck	9:30 Line Dancing 2 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	8:30 Oil Painting 3 10:00 Benspec 11:20 Meals 12:30 Cribbage 1:00 Bridge	10:00 Wii 4 11:20 Meals 1:00 Quilting 12:30 Hand&Foot
9:00 Computer class 14 9:30 Line Dancing 10:30am Nutro Bingo 11:20 Meals 1:00 Men's cards 1:00 Bridge	10:00 Wii Bowling 15 11:20 Meals 12:00 Yopilet exercise 12:30 Penny Ante poker 1:15-3 Blood Pressure ck 2:00 SALT meeting	9:30 Line dancing 16 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	7:45 C.A meeting 10 8:30 Oil Painting 11:20 Meals 12:30 Cribbage 1:00 Bridge 2-4pm Mary Todd Lincoln	10:00 Wii 18 10-11 Anemia Screening 11:20 Meals 1:00 Quilting 12:30 Hand&Foot
9:00 Computer class 21 9:30 Line Dancing 11:20 Meals 12:30 Scrabble 1:00 Men's cards 1:00 Bridge	9:00 Newsletter Assem. 22 10:00 Wii Bowling 11:20 Meals 12:00 Yopilet exercise 12:30 Penny Ante poker 1:15-3 Blood pressure ck	9:30 Line Dancing 23 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	8:30 Oil Painting 24 11:20 Meals 12:30 Cribbage 1:00 Bridge 1:00 VNA Foot care	10:00 Wii 25 11:20 Meals 1:00 Quilting 12:30 Hand&Foot
9:00 Computer class 28 9:30 Line Dancing 11:20 Meals 12:30 Card making class 1:00 Men's cards 1:00 Bridge	10:00 Wii Bowling 29 10:30-12 Blood pressure ck 11:20 Meals 12:00 Yopilet exercise 12:30 Penny ante poker 1-3pm Bingo Party	9:30 Line dancing 30 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	<div> <div>June 10</div> <div>National Nursing Assistants Day & Week</div> <div>Take this opportunity to thank a nursing assistant for his/her/their dedication and hard work - caring for the elderly, the ill and those in long-term care.</div> </div>	

Note from Staff. . .

Dear Friends,

In honor of Flag Day, June 14

You're a Grand Old Flag

by George M. Cohan

You're a grand old flag,
You're a high flying flag
And forever in peace may you wave.
You're the emblem of
The land I love,
The home of the free and the brave.
Ev'ry heart beats true
'neath the Red, White and Blue,
Where there's never a boast or brag.
Should auld acquaintance be forgot,
Keep your eye on the grand old flag.

Join in
and sing
along ...



Sylvia Bull Barb Taylor

Birthday Gift

Have a birthday in **June**? Stop in the office with your ID during the month and pick up your birthday gift.



What am I?

I am not a human, nor am I an animal.
I have eyes, but cannot see,
and I have hair that you cannot comb.
My brown skin has several layers but this seems a paradox, because one is smooth and the other is hard. My skin protects my soft white flesh; and within my flesh is my opaque blood.

Answer on page 12

Boost your noodle continued from page 1

✓ **Listen for details** when a friend tells a story. Heed changes in the person's tone and register small facts you might otherwise gloss over. Conjure up a mental image of the story. By doing this, you activate multiple areas in the brain and encourage memory formation.

Source: Harbor House Assisted Living, Oshkosh, presentation material

Trestle trekking

continues through July 7
10:00am Wednesday mornings

From the senior center, this trek is about 2 1/2 miles roundtrip. There are several benches along the way; and there is water and new restrooms on the other end at Fritse Park. This is not intended to be a power walk. Interested seniors should be in good walking shape, however. (Consult your physician if you're concerned). Be at MSC at 10am. If questions, call the MSC office at 967-3530.

Headaches



It is highly unlikely that there is anyone reading this that has never experienced a headache. The head is the most common location of pain in the body and there are many causes. Headaches can either be *primary* or *secondary*. A *primary* headache is not associated, or caused by any other disease. Migraines and tension headaches are two types of *primary* headaches. A *secondary* headache is caused by an underlying problem or condition. They might be caused by caffeine withdrawal, or something more serious such as a brain tumor or stroke.

While most headaches are not cause for concern, you should probably seek medical care for a headache if -

- It is "the worst headache of your life"
- It is different than your usual headaches
- You also have persistent nausea and vomiting
- You also have a fever or a stiff neck
- You've had a recent fall or head injury
- You have changes in vision, speech or behavior
- It doesn't respond to your usual treatment

When you contact your doctor, let him know where the headache is located, how severe it is and what seems to bring them on (for example, certain foods, bright lights, stress).

Source: Diane Schmude, RN/Valley VNA Senior Services

**Don't lose your head
To gain a minute
You need your head
Your brains are in it.**

Burma Shave safety slogan sign (1940-50s)

Health Corner

By Valerie Davis RN, 60 Plus Program

Food safety for seniors

The best way to look at food safety is with the old saying “an ounce of prevention is worth a pound of cure”. Seniors have a decreased ability to fight off bacteria that may enter your body through poorly handled foods. Things have changed in how foods are handled – it used to be that foods were grown and produced close to where you live. Today foods are brought in from all over the country and the world.

Why seniors face greater risk to food borne illnesses:

The immune system weakens with age beginning around 65. Also, certain medications which are commonly used by seniors can further weaken the body’s ability to fight off food related illness. Contracting foodborne illness can also lead to secondary illnesses which could attack the kidneys, nervous system and colon. The best way to avoid these issues is to follow a few simple steps:

Keep foods cold – refrigerators should be kept at 41F or less. An inexpensive refrigerator thermometer can help you monitor the refrigerator in your home.

Cool left over foods – Foods prepared should be quickly cooled after use. Use metal containers if possible, keep the food shallow and uncovered when cooling. Placing a large stock of soup in the refrigerator will never cool in the right amount of time – instead split the soup into 2-3 metal cake pans to cool then place it in a larger container once cooled to refrigeration temperature.

Cook Foods thoroughly – Raw animal foods must be cooked completely to avoid risk of foodborne illness. Temperatures can easily be checked using a metal stem cooking thermometer (0F-220F) available at all grocery and retail stores. The following are the required cooking temperatures for raw animal foods:

Hamburger...155F	Steak...145F	Fish...145F
Chicken/poultry...165F	Pork ...145F	

60 Plus Health Program Blood Pressure Screenings

Schedule for June 2010

Menasha Senior Center

Tues., June 1	1:30-3:00 pm
Tues., June 8	1:30-3:00 pm
Tues., June 15	1:30-3:00 pm
Tues., June 22	1:30-3:00 pm
Tues., June 29	10:30—Noon

Lakeside Commons Thurs., June 10 2:00pm

The last blood pressure clinic of the month at MSC will also be a **Health Consultation**. If you have any health related questions, feel free to stop in - I will do my best to answer them for you. Val Davis, RN, PHN, 60+ Program

Keep hands and surfaces clean – Keeping surfaces and hands clean is probably the most important way to prevent foodborne illness. Hands should be washed after handling raw animal foods and before handling foods that are ready to eat such as vegetables. Never use the same utensil or cutting board for raw animal foods and then ready to eat foods. Always wash counters with a sanitizing kitchen cleaner after preparing raw animal foods.

Thawing – *NEVER THAW RAW ANIMAL FOODS ON THE COUNTER!!* Thawing foods on the counter, especially thicker foods such as roasts and turkeys will allow the surface of the food to reach room temperature while the internal portions remain frozen. Bacteria will grow very well on the surface of partially thawed raw animal foods. Some of the bacteria that can grow this way can produce toxins which cooking will not kill. Use a microwave on a low setting to thaw or plan ahead and place items in the refrigerator a day or two before preparation. You can also in a lot of cases begin cooking foods right from the frozen state.

Following the recommended steps listed above will greatly help you avoid a foodborne illness. Please contact the Menasha Health Department if you should have any additional questions about food safety.

Source: from Todd Drew, City of Menasha Sanitarian

Activities at MSC

Regularly scheduled activities:

◆**Card Games:** *Men's Sheephead* (not for beginners) - Mondays at 1:00pm, (Sept.—May); *Hand&Foot* - Fridays at 12:30pm; *Bridge* (not for beginners) - Mondays at 1:00; Thursdays at 1:00pm; *Texas Hold'em* Wednesdays 12:30.; *Cribbage* - Thursday, 12:30pm; *Penny Ante Poker* - Tuesdays 12:30pm. \$.50 for card games.

◆**Weight loss grp:** Wed. mornings 11:00am \$.50

◆**Shuffleboard:** Wednesdays 12:30-3:30pm \$.50

◆**Chair Exercise:** (strength, flexibility, balance) every Wednesday morning 10:00-11am; \$.50

◆**Agility exercise "Yopilet":** (flexibility, balance, agility) Tuesdays 12:00n-1:00pm \$.50

◆**Scrabble:** 1st and 3rd Mondays at 12:30pm. \$.50

◆**Bike-4-Fun:** Fri. mornings 8am; May-Oct. \$.50

◆**Wii Sports:** Tuesday and Friday 10:00am \$.50

Regularly scheduled classes:

◆**Computer Class:** One-on-one individualized instructions. Monday mornings. Call 967-3530. One hour, 4x month. \$15 resident/\$18 non-resident.

◆**Greeting card class:** Every 4th Monday 12:30-3:00pm. \$2.00R/\$2.50NR. Supplies available.

◆**Intermediate/Advanced Line Dancing class:** Monday and Wednesday morning 9:30-10:30am. \$.50R/\$1.00NR

Additional activities:

◆**Bingo:** Quarterly bingo parties.

◆**Computer Lab:** Computers are available for use during center's working hours (*except* Wed. afternoons). \$.10 a copy donation.

◆**Quilting Group:** Meet Fridays 1:00-2:00pm.

◆**Presentations:** health/educational; as scheduled

Also available:

Magazines/books
Puzzles
Coffee

Upcoming events

Soda Pop Party

w/kids & "Soda Pups"

July 19

Senior Games

Aug 17

Star & Stripes Bingo Party



Tues., June 29

1 - 3pm

For a fun afternoon of bingo,
snacks, door prizes.

FREE (2 card max)

RSVP 967-3530

(so we can prepare)

More potential shop signs

Ophthalmology school
We're concerned about all of our pupils.

Dog biscuit factory
Caution! We bake for animals.

Taxicab company
We drive away all of our customers.

Atomic research center
Gone fission.

Poultry farm entrance
Do not enter if offended by fowl language

Dear newsletter subscribers:

*Please call us with your new
address when/if you move.*

Dial 920-967-3530. Thank you.



TRIAD Tip

Officer Aaron Zemlock-Crime Reduction Coordinator
Menasha Police Department 920-967-3569

BE SAFE - don't open the door to strangers

You've heard this before; but it's good a reminder!

Crooks know how to present themselves to trusting and kind people. It is very easy to make a name badge and put on a uniform. Be cautious - don't put yourself and your possessions in jeopardy.

Don't open the door to strangers or give out personal information over the telephone or Internet. Be safe and protect yourself, your possessions, and your identity.

No need to be frightened, but...

Be cautious
Think before you act
It's ok to say NO
Call your local Police Department

Aaron Zemlock is the Menasha Police Department's Crime Reduction Coordinator. You can call him at 920-967-3569.

New search engine created by high school student

A new computer search engine - "Good50" - was launched this year. Good50 was created by Sunmee Huh, a 16 year old high school student. Sunmee saw the difficulties her 82 year old grandfather, a stroke survivor, endured when using the Web (for example, trouble telling the difference between regular search results and sponsored ones). That prompted the young girl to create a user-friendly search engine what would cater to seniors citizens.

"Good" refers to good cause/the charity efforts associated with the search engine and "50" refers to the minimum age of people she Huh thinks would benefit from her endeavor. However, because Good50 is user-friendly and has unique features, it benefits not only those who are ages 50+, but children as well.

Source: AARP magazine and web site

2010 TRIPS with MSC



Call 967-3530

Thurs., July 8 "The Wonder Bread Years"

A salute to the Baby Boomer Generation - and the parents who brought them up. This is a fast-paced, hilarious production that gracefully walks the line between stand-up and theater. The show not only restores a much-needed sense of wonder, but leaves audiences laughing and savoring the past like never before. Showing at the Fox Cities PAC.

Cost: \$37.00 (incl. ticket & school bus transportation); \$10 deposit at registration.

Lv MSC: 1:15pm Rtn MSC: 4:30pm

Thurs., July 22 "Cookies and a Concert"

The Green Lake Festival of Music

Hear Soprano Sarah Lawrence and Tenor Calland Metts perform with favorites from stage and screen; Opera to Broadway. (Sarah Lawrence portrayed Christine in a national production of Phantom of the Opera; both singers are professional entertainers).

The Green Lake Festival of Music schedules outstanding performances throughout the summer months. This show will be at the Rodman Center for the Arts at Ripon. Itinerary: Ripon Cookies Outlet Store; Lunch at CJ's restaurant (roasted chicken, vegetables, salad and roll and dessert); Concert at Rodman Center for the Arts.

Cost: \$48.00 (incl. lunch, performance, coach transportation). \$10 deposit.

Lv MSC: 9:00am; Rtn MSC: 4:30pm (approx.)

Wed., Sept. 29 Door County Trip

This "*I always enjoy this trip*" trip includes shopping, browsing and eating: Red Barns, a winery, an orchard and a Fish Creek lunch (traditional Door County fish boil [or chicken]).

Cost: \$45.00 (incl. coach, lunch); \$10 deposit at registration. State your wish: *Fish* or *Chicken*.

LV MSC: 7:15 am sharp

RTN MSC: as soon as we get done!

Max. 44
12 already
signed up

Need 20
to go.
We
have
10.
Tell
family
&
friends.
We
want to
go!

ANEMIA SCREENING

DATE: Friday, June 18th, 2010

TIME: 10:00 – 11:00 am
WALK-IN BASIS

PLACE: MENASHA SENIOR CENTER
116 Main Street

Donations accepted to help defray costs

Sponsored by:
Menasha Health Department's 60 Plus Program

For Further Information – Call 967-3520

Something good

Wouldn't this old world be better
If the folks we met would say -
"I know something good about you!"
And treat us just that way?

Wouldn't it be fine and dandy
If each handclasp, fond and true,
Carried with it this assurance -
"I know something good about you!"

Wouldn't life be lots more happy
If the good that's in us all
Were the only thing about us
That folks bothered to recall?

Wouldn't life be lots more happy
If we praised the good we see?
For there's such a lot of goodness
In the worst of you and me!

Wouldn't it be nice to practice
That fine way of thinking, too?
You know something good about me;
I know something good about you.

Author Unknown



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Rose trivia:

- Why white roses are so special is no mystery - it's a myth. Perhaps it started with the Romans who believed white roses grew where the tears of Venus fell as she mourned the loss of her beloved Adonis. Myth also has it that Venus' son Cupid accidentally shot arrows into the rose garden when a bee stung him, and it was the "sting" of the arrows that caused the roses to grow thorns. And when Venus walked through the garden and pricked her foot on a thorn, it was the droplets of her blood which turned the roses red
- While women prefer roses in pastel colors, men prefer red.

Menasha Senior Center's

Mary Lincoln's Story



A unique presentation of the life of Mary Todd Lincoln told through the words of her sister, Elizabeth Todd Edwards.

Thurs., June 10 2:00 - 4:00pm

**This presentation is FREE;
donations will be accepted to
help cover costs**

Snacks will be available

RSVP 967-3530 (for preparations)

Denise Blaze began her appreciation of Lincoln lore at an early age and has become very knowledgeable about the Lincoln Family. She portrays Mary's eldest sister, offering her thoughts and remembrances of Mary's poignant and tragic life.



Test your knowledge

- Each day we:
 - Speak 1,000, 3,000 or 5,000 words?
 - Laugh 15, 25, 50 times?
 - Breathe 12,000, 18,000 or 23,000 times?
- Which is longer, your small or large intestine?
- It is possible to tickle yourself? True or False?
- On average, an episode of hiccups last about 3, 5, or 10 minutes?
- A medium container of movie popcorn has as much as 250, 520 or 970 calories and 24, 32 or 48 grams of fat?
- On average human hair grows approx. 2.9, 4.7, 6.2 inches per year?
- When you sneeze, air rushes through your nose at a rate of approx. 25, 75 or 100 mph?

Source: SeniorNetwork

"Good old" horse sense

Editor's note: I found this recently in among family memorabilia. It was written down by my Grandmother. She often wrote poems, but this may not have been hers - there was no mention of an author's name.

A horse can't pull while kicking
This fact I merely mention.
And he can't kick while pulling
Which is my chief contention.

Let's imitate the good old horse
And lead a life worth picking;
Just pull an honest load, and then
There'll be no time for kicking.



What have you learned?

I've learned that people will forget what we've said, people will forget what we've done, but people will never forget how we made them feel.

Maya Angelou

Answers on page 12

Let's make June super sensory stimuli month!!

WHY? Because June is **National Candy Month** and June 4 is **Donut Day !!!**

Can't you just smell the smells and taste and tastes??!! Mmmmm. Of course, you don't have to eat candy - fill a jar with candy and have your fiends and family guess the pieces (winner gets all). The donuts? Well....you just can't stare at them and let them dry out and collect dust - so you might as well eat one and enjoy the moment!

Leave a legacy . . .

The Menasha Senior Center's Memorial Fund was established to accept donations made:

In memory of ... In honor of ... In appreciation of ... someone you wish to acknowledge. And it will also accept funds as a *Birthday celebration for ...* or *Anniversary celebration for ...* These funds are used for long-term purchases that will enhance the center and that will benefit all seniors. (Funds contributed can be earmarked for a specific use if so desired). For further information, please contact Sylvia Bull at 967-3530.

Thank you!

We would like to say thank you to all volunteers and friends of MSC who contribute service, money and gifts to the Menasha Senior Center. We considered creating a 'thank you' list in this newsletter, but realized that we surely would, inadvertently, neglect to list someone's name and donation. So, to avoid offending anyone, we will instead give a hearty personal thank you at the time of the contribution.

Answers:
 1a. 5,000 lb. 15 1c. 23,000
 2. Your "small" intestine is about 21 ft., while your "large" intestine is only 6 ft. long.
 3. False
 4. 5
 5. 970 calories/48 grams of fat
 6. 4.7
 7. 100

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The Senior Chatter

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Answer: Coconut



Menasha Senior Center
 116 Main St., Menasha 54952
 967-3530

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 Wisconsin Association of Senior Centers
 and a member of
 the Coalition of Wisconsin Aging Groups



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